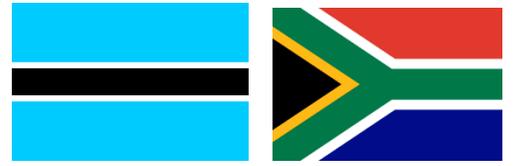


PITZER IN BOTSWANA AND SOUTH AFRICA



IMPORTANT INFORMATION

Visit the [Pre-Departure Information and Handbooks website](#) for additional information about the topics below and other helpful resources for study abroad.

CULTURAL IMMERSION WHILE ABROAD

The study abroad programs at Pitzer College provide ample opportunities for cultural immersion. They require adaptation. Wherever you go, we hope you will engage the local lifestyle, language, and culture as fully as possible, and begin to understand your hosts. Most programs provide experienced cross-cultural guidance as well as structured activities that facilitate interaction. Pitzer asks that you make the commitment to take those opportunities and follow that guidance when you participate in a study abroad program. Notice the word commitment. Immersion does not happen automatically. It takes a certain commitment over the course of the program—a mindfulness of why you came in the first place and faithfulness to that. Visit the website to learn more.

DIVERSITY AND IDENTITY ABROAD

Your various identities will influence your study abroad experience. Depending on how you identify, you may experience study abroad differently from your peers of other identities. This doesn't necessarily mean that you'll have negative experiences, but we know students from certain identity backgrounds, particularly students of color, women, LGBTQIA+ students and those of certain religious backgrounds, are more prone to face incidents related to their identity abroad. Therefore, it is important to know what the experience is like in-country for people who share your identity and make sure it's safe. Doing this research ahead of time will help you choose a location that suits your comfortability level and will help you better navigate various experiences while abroad. We encourage you to consult the articles and resources on the website and invite students to discuss questions and concerns with the Office of Study Abroad.

PITZER COLLEGE PROGRAM MODEL

Pitzer's Study Abroad programs ask students to engage in the local lifestyle, language, and culture as fully as possible. Our programs provide ample opportunities for cultural immersion and integrated learning. Rather than thinking about the program as separate courses or classes (which is how it shows up on the transcript), we want you to begin to see the program as it really is: a connected whole where each part of the program is related to and dependent on every other part of the program, and where all these components work together to create a particular kind of interconnected intercultural learning experience. Your program may consist of a combination of language learning, family stays, study trips, community interaction, the core class, and independent learning.

PROGRAM OVERVIEW

The program will take place in Botswana and South Africa. The program provides students with an opportunity to gain experience about the multiple ways governments, NGOs, and local communities in the region choose to approach issues that are common, such as the colonial legacy, development, race, power, human rights and reconciliation, big game conservation, ecology and tourism, health care, education, and poverty alleviation. Students live with host families, participate in community service projects, study local cultures and languages, and work with scholars and experts in each country. During the final month of the program, students conduct their independent study projects.

BOTSWANA

One of Africa's most politically and economically stable countries, Botswana is home to approximately 2.5 million people and 226,900 square miles of vast savannas, the Kalahari Desert, and world-famous wildlife parks. Botswana's citizens, most of whom live in the major cities, towns, and villages along the eastern border, enjoy standards of education and economic well-being rivaled on the continent only by neighboring South Africa.

SOUTH AFRICA

Since the overthrow of Apartheid and the historic 1994 election, the Rainbow Nation has tried to strike a balance between the expectations of the hitherto marginalized Black population and those of the white minority. A vibrant democracy and progressive constitution have resulted in a socio-economic and political transformation that has ushered in a new era of prosperity for the non-white marginalized groups that were excluded by Apartheid policies. Nonetheless, after almost four decades of post-Apartheid efforts, the country still struggles with high unemployment and poverty rates, and with major challenges around issues of healthcare disparities, housing, education, and electricity. After completing their time in Botswana, students transition to South Africa. Students live with host families in Soweto, the center of the anti-apartheid movement, which, in combination with a series of lectures, study trips and community service projects, allow students to begin to unpack the complex issues behind South Africa's recent history and transformative agenda.

SPRING 2024 PROGRAM DATES

The Pitzer in Botswana and South Africa program runs from January 10 (arrival in Gaborone) – May 21 (departure Johannesburg). Pitzer requires you to participate in the entire program. Late arrivals or early departures are unacceptable. Loss of credit or lowering of grades may result if you arrive late or depart early.

SEMESTER SCHEDULE

Tentative Spring Semester Schedule

January 10: Arrival in Gaborone

Week 1: Botswana Orientation

Week 2-7: Botswana Homestay, Language Class, Core Course, Study Trips, Service Projects

Week 8: South Africa Orientation

Week 9-14: South Africa Homestay, Core Course, Study Trips, Service Projects

Week 15-18: Independent Study Projects (ISPs)

Week 19: Reentry Orientation, ISP Presentations, and Farewell Party

May 21: Departure from Johannesburg

ACADEMICS

COURSES AND CREDITS

	Course Credits	Semester Units
Core Course: Continuity and Change in Botswana and South Africa	2.0	8
Intensive Language	1.0	4
Independent Study Project	1.0	4
Semester Total	4.0	16

Grades for this program will be recorded on a Pitzer College transcript. For Pitzer students, the grades will be included in the Pitzer GPA. Non-Pitzer students should check with their home schools on how grades are calculated. Students are required to participate fully in all program components and are not allowed to withdraw from individual courses. Students must take all courses for a letter grade.

Students who wish to receive credit towards their major for a particular course should consult their academic adviser for guidelines. At Pitzer College the field group decides which courses may be counted towards a major or minor graduation requirement. The Pitzer registrar in conjunction with various field groups decides which courses may be counted toward general graduation requirements. Some schools, field groups, or departments may wish to see a syllabus, samples of coursework, texts, or other program materials to decide. Check before you go.

CORE COURSE: CONTINUITY AND CHANGE IN BOTSWANA AND SOUTH AFRICA

This course provides students with a broad overview of the region and each of the countries where the program operates, including history, politics, culture, religion, and important current issues, within which students are asked to place and analyze their personal experience. Through community engagement and academic study, the course provides an opportunity for students to develop a comparative and regional perspective on critical issues and topics covered in the course. Additionally, the course provides a focus on human development, with opportunities to gain experience, in how to understand, implement and evaluate effective community-based work in each location. Students engage in homestays, participate in service-learning projects, engage in a series of lectures and discussions given by university faculty and specialists from governmental and non-governmental organizations, write their Fieldbook, and take study trips to areas of historical, cultural, and environmental importance. For Pitzer students, this course will satisfy Pitzer's Social Responsibility Praxis (SRPX) requirement.

STUDY TRIPS

To better understand important local and regional issues, students participate in study trips while in each country. While locations may vary slightly from semester to semester, study trips in Botswana include visits to cultural and historic sites to study wildlife conversation, environmental issues, and tourism. In South Africa, students explore Pretoria, Johannesburg, and Cape Town. They study race relations, reconciliation, and post-Apartheid South Africa through visits to Soweto, the Apartheid Museum, the Voortrekker Monument, and Freedom Park, and attend a rugby or soccer match (schedule permitting). Lastly, students typically visit Krueger National Park and/or Madikwe Game Reserve to study contrasting styles of big game management.

THE FIELDBOOK

A key component of the core course on Pitzer programs is the fieldbook. The fieldbook recognizes that writing is one of the deepest and most precise measures of experience and an activity that both generates and reflects learning. Highly demanding of your time and intellect, the fieldbook asks you to integrate the theoretical and experiential components of your program through a series of structured writing assignments. It helps you to clarify and articulate your feelings, thoughts, insights, and beliefs as they evolve over the program and provides a forum for discussion of those ideas with program staff and participants. The fieldbook format and content will vary slightly in each Pitzer program, so you will receive program-specific guidelines as part of your in-country orientation. Here are answers to frequently asked questions.

WHAT IS THE DIFFERENCE BETWEEN THE FIELDBOOK AND A PERSONAL JOURNAL?

The fieldbook is not a personal journal. It is a series of structured writing assignments that are submitted throughout the semester for a grade. We encourage you to keep a separate journal of your personal experience (that is neither read nor

graded by staff) in which you record your day-to-day experiences, conversations, observations, meaningful quotes, thoughts, and feelings. You should draw from your personal journal along with notes from readings and lectures to craft fieldbook assignments.

HOW RELEVANT WILL THE ASSIGNMENTS BE TO WHAT I AM EXPERIENCING IN THE COUNTRY?

To a certain extent, the fieldbook is prescriptive in that it asks you to demonstrate what you have learned about specific topics we think are important. However, the fieldbook is also carefully structured to provide you with a variety of opportunities to write about aspects of your own experience in the culture that you find relevant and interesting. This is accomplished in two important ways. First, the sequence and timing of assignments are designed to be coordinated with your language level and what you are experiencing during various parts of the program. Second, the fieldbook calls for several types of assignments, each of which allows you to draw from various aspects of your personal experience and express your learning in diverse ways.

FIELDBOOK ESSAYS

The fieldbook often incorporates both analytical and descriptive writing within a single assignment. Many assignments consist of a focus (theme-driven) question that asks you to explore and analyze important local and national issues from a variety of perspectives. Assignments may offer several choices or ask you to explore a specific topic. In all cases, the assignment asks you to do this in a way that examines the topic considering lectures, reading material and your own, relevant interactions with members of the host culture. While dealing with your personal interactions and observations, it is often helpful to approach this descriptively as well as analytically; this involves describing in rich detail certain aspects of your experience and your observations to convey them with depth and clarity. While assignments often ask you to address specific topics, they usually offer some latitude on what aspects of your experience and observations you choose to include.

SHARED PRESENTATIONS

The shared presentations section asks you to explore a topic in-depth by interviewing members of the host community and then sharing with the whole group. Thus, you become the specialist within the group on the topic. As each topic chosen by different students will vary, the presentation will allow all students to benefit from the knowledge gained by each student.

HOW IS THE FIELDBOOK GRADED?

Pitzer's cultural immersion learning model blends rigorous in-class studies with direct experience in the culture to allow you to arrive at a deeper understanding of issues and your own experience. The fieldbook serves as a keyway for program staff to both facilitate and assess this kind of learning, and thus makes up a significant part of your grade for the core course. While each type of assignment will have slightly different grading criteria, in general, assessment will be based on certain key criteria that reflect the educational goals of the program:

- Evidence that you have used your language to participate in family life, explore the community, develop relationships, and explore issues.
- Evidence that you have thoughtfully reflected on your experience considering readings, lectures and discussions.
- Evidence that you have made careful observations, described them in rich detail, and distinguished them from interpretations.
- Evidence that you have explored important local and national issues from a variety of perspectives and when appropriate, examined your own assumptions about these issues.

WHO WILL RESPOND TO AND GRADE MY FIELDBOOK ENTRIES?

Fieldbook entries are assessed and graded by program staff who have been trained to facilitate and evaluate the engaged, connected learning the fieldbook is designed to measure. Their wide knowledge of the country and culture, their understanding of the educational goals of the program, and their sense of the specific objectives of any assignment allow them to assess your fieldbook entries in formative ways that continue to promote reflection and heightened awareness of the topic throughout the semester. To this end, you are welcomed and encouraged to rewrite fieldbook entries in consultation with the program staff. Rewrites should address comments on the original entry and include additional exploration of the topic with staff, fellow students, faculty, and community members as appropriate.

WHAT CAN I EXPECT TO ACHIEVE THROUGH THE FIELDBOOK?

When done thoughtfully, the fieldbook will enhance your learning. It will provide you with a record of your experience as your perspective changes throughout the semester, and it will allow you to create your own connected knowledge as you combine lectures and readings with personal experience to arrive at a more meaningful learning than either alone could provide. Finally, it will allow the program staff to assess your learning in ways that consider your personal experience in the culture (something more traditional forms of assessment cannot do) and in ways that will be accepted for credit by your home institution.

SERVICE LEARNING

To gain firsthand experience with issues explored in the core course, students will volunteer with a local or international organization in each country. This experience will be for a couple of weeks in each country.

FAMILY STAYS

Host families serve as important co-educators on the program, not only for language and culture learning, but also to allow students to further explore ideas and issues that are presented in lectures and readings. Host families allow students to experience first-hand the concept and life of Ubuntu, an important cultural value of the region, embraced in local greetings that proclaim, “I am well if you are well,” and “my destiny is intricately intertwined with yours.” This idea was at the heart of the post-colonial reconciliation process that became a model for South Africa’s post-Apartheid government strategy and its celebrated Truth and Reconciliation Commission.

INTENSIVE LANGUAGE

In the beginning weeks of the program students will have intensive language classes. The course emphasizes proficiency in speaking and listening in Setswana through a highly communicative, interactive language curriculum. While many families in both Botswana and in South Africa speak English, having a background in a local language helps students understand culture and society via the language of local families.

INDEPENDENT STUDY PROJECT

The Independent Study Project (ISP) allows you to take one topic of special interest and explore it in depth. It presents a unique opportunity to utilize and build upon your language skills and cross-cultural competencies as you form new relationships with members of the host culture related to your field of study and systematically explore your topic of interest. If you use the ISP period as an opportunity to enhance cultural immersion learning, you can expect to achieve some important outcomes: your language skills are likely to blossom as you tackle more challenging conversational topics with a wider range of people; your process of cultural adjustment will most likely accelerate as you function more fully and independently in the

new culture; and your overall confidence will very likely increase dramatically as you use your language to forge new relationships and negotiate the many challenges of conducting field research in a new culture.

Types of Projects

The ISP may take one of several forms depending on your interests, available resources in the host culture, the feasibility of the project, and the credit requirements of your home institution.

RESEARCH PROJECT

Use field research techniques that facilitate cultural immersion and language learning (oral interviews, ethnographies, case histories) to investigate a question or issue of personal interest that brings you a deeper understanding of the host culture.

INTERNSHIP

Work within a private, public, or educational organization to gain insights into how a particular social issue is being addressed. Use your language to interact with both agency professionals and the clients served by the agency. Analyze the effectiveness of the organization as well as the issue it is addressing.

APPRENTICESHIP/INTERNSHIP IN THE ARTS

Work with an artist, dance troupe, theatre group, etc., to both learn a new art form and better understand its role in contemporary culture. All projects, regardless of form and topic require the following:

1. A focused research question or topic that is viable and feasible given your progress in the language, your experience with field research, the time allotted, and the available resources.
2. An appropriate methodology for exploring your topic.
3. A significant period of hands-on fieldwork that requires interaction with members of the host culture who are directly involved in your study topic.
4. A major paper reflecting on the experience.

Grading

Grading will consider the process (e.g., proposal, methodology, relationship building, fieldwork, internship performance, presentation of findings to program staff and students) as well as the final paper.

Local Guidance

ISP proposals will be developed and approved in consultation with program staff, faculty, and local scholars or specialists. The relationships you form with program staff and local experts who help you to develop your proposal and guide your project are crucial and should be considered an important part of the learning process for the course. Depending on the project, its location and the resources available, actual fieldwork may be closely guided by program staff and/or local experts or conducted entirely independently. Guidance for writing your final paper will be provided by your project adviser or program staff as requested and necessary. Program staff must approve ISP topics and locations. Some locations and topics will not be approved because of safety, health, or other concerns. All ISP locations need to be approved by the program director. There is no guarantee that all the countries or program locations will be available. **Major factors to be considered in approving any location, will be safety (including country conditions, accommodations, and transportation to study site), educational feasibility (topic, learning goals, availability of relevant support and resources) and cost.**

Library Research

The ISP is not library research. Exploring literature that is relevant to your topic will be a key step in formulating your proposal and in writing up your work in your final ISP paper, but the bulk of your ISP time should be spent using your language and cross-cultural skills to conduct actual field research.

Interaction with Local Experts

Members of the host culture who have studied your topic often serve as important resources in picking a topic, choosing a location, developing a proposal with appropriate methodology, and, for placing your own work in the context of a larger body of work when you write your final paper. However, interviewing experts who have studied your topic, even when they are members of the host culture, should not be your primary means of collecting data and should not assume the bulk of your ISP time. Most of your fieldwork should consist of hands-on work with people who are directly involved in your topic of interest. For example, the host culture university professor or NGO director, who is an expert on the role of women in village development, may provide you with important guidance for your project, but should not be seen as a substitute for working directly with village women involved in development efforts.

The Use of Interpreters, Questionnaires or Surveys

The use of a bilingual informant to help you translate interviews or conversations you tape may be appropriate, but you should design your project and plan your questions in ways that allow you to use and develop your own language skills. Project topics and methodology (questionnaires, surveys, etc.) should be designed to fit your language level whenever possible. Remember, the goal here is for you to learn about your area of interest in ways that allow you to interact directly with people involved in your topic. The relationships you form and the learning and growth you experience while doing this (which will be recorded in your final paper) will become one of the most valuable and rewarding aspects of the program for you.

Ethical Guidelines for the ISP

Students participating in ISPs abroad are held to high standards of academic and professional conduct, including adhering to the Ethical Standards for the Engagement of Communities Abroad.

Summary

1. Pick a topic you are enthusiastic about and that is feasible.
2. Do something you cannot do at your home institution.
3. Do something that enhances your language and culture learning.
4. Do something that promotes interaction with members of the host culture who are directly involved in your topic of interest.

PLANNING FOR TRAVEL AND FLIGHTS

PASSPORTS

All students on the program need a passport. Check the expiration date of your passport before beginning the program. If you do not have a passport valid for six months beyond the last day of the program, expedite the application or renewal process. Processing a new passport or renewal may take several weeks. US passport holders should visit <https://travel.state.gov/content/travel/en/passports/how-apply.html> if they need to renew their passports. Students with a non-US passport should work with their country's embassy.

If your passport does not have blank pages remaining, please arrange to get additional pages added to your current passport or renew for a new passport with plenty of blank pages.

VISAS

Entry requirements for Botswana: A passport with at least six months of validity remaining is required. U.S. citizens are permitted to stay up to 90 days total within a 12-month period without a visa. The total stay permitted for each visit is recorded on the entry stamp by Botswana immigration officials and may be less than 90 days.

For South Africa, U.S. passport holders can secure an entry visa upon arrival at the international airport (if arriving by air) or the border if traveling by ground transportation. U.S. citizens are permitted to stay up to 90 days total within a 12-month period without a visa.

We suggest that students who are planning to travel to other countries after the end of the program strongly consider obtaining their visa before departing for the program. Although it may be possible to get visas after your arrival in the host country, the process of obtaining a visa in the host country, if even possible, may involve visits to an embassy at inopportune times or relinquishing your passport, which is not advised.

IF YOU ARE NOT A US CITIZEN

If you have a passport from another country, please notify the Office of Study Abroad and International Programs as soon as possible. Depending on the country in which you have citizenship, you may need to apply for a visa prior to departure.

If you do not have a passport from your home country, or if it is expired, please start the process of acquiring or renewing your documents immediately.

FLIGHT ARRANGEMENTS

You should arrive at the airport in Gaborone on January 10, 2024. The staff and host families cannot accommodate you before the arrival date. For your flight to the program, you may need to depart your home one or two days earlier.

You will depart the program on May 21, 2024 from Johannesburg.

To receive your ticket, you are required to submit the Pitzer acceptance paperwork and complete orientation requirements by the dates listed in your study abroad application portal. If you complete these requirements less than two weeks prior to your departure, you will be responsible for any charges incurred to expedite your ticket.

BOOKING YOUR FLIGHT

All students are required to book their flight through Pitzer's designated travel agent. If you are a student from Pitzer, the cost of your airline ticket is paid directly by Pitzer to the travel agent. If you are a student at Bard College or Sarah Lawrence College, you will pay the travel agent directly for your flight. Allow ample time to work with our travel agent to arrange your flight. When you contact the travel agent, please identify yourself as a student in the Pitzer in Southern Africa program and inform her of your program dates.

Pitzer's Designated Travel Agent

KIM RUDD at Corniche Travel

Tel: 479-488-6058

Email: pitzer@corniche.com

Phone: 7:00 a.m. to 4 p.m.

Kim Rudd has been providing flight services to Pitzer College students for many years and is very knowledgeable about airline travel. She has many clients, so it may be necessary to leave a message with a callback number.

Airfare Policy

For Pitzer students: tickets not purchased through the Pitzer designated travel agent will NOT be reimbursed or credited to student accounts. Frequent flier miles may NOT be used to book flights.

The maximum airfare Pitzer College will pay is based upon the cost of a round trip ticket from the closest major international airport to the student's permanent address city in the US to the designated international airport near the program site for the exact dates of the program. For international students, the maximum airfare is based on the cost of a round-trip ticket from Los Angeles International Airport (LAX).

Normally, international and domestic flights within Africa **allow a maximum of 22 kilos** (approximately 48 pounds) of checked bags. Carry-ons may also be limited to short flights and smaller planes. Students should pack light with this in mind as excess baggage fees are very expensive and would be your responsibility to cover.

ARRIVAL

BAGGAGE CLAIM

In the unlikely event that your baggage is lost on the way, you will most likely first realize this in your host country. File a claim with the airline before you depart the airport. Program staff will follow up by contacting the airline's office in the host country. Keep your baggage tags. Usually, lost baggage is recovered in two to three days.

FURTHER ENTRY REQUIREMENTS RELATED TO COVID-19

For Botswana:

As of August 28, 2022, wearing masks, proof of vaccination, and testing at the port of entry for unvaccinated travelers is no longer required. Please refer to <https://bw.usembassy.gov/covid-19-information> for updates.

For South Africa:

The South African Government announced on June 22, 2022, that the remaining COVID-19 regulations have been repealed. Travelers entering South Africa are no longer required to produce vaccination certificates or recent negative PCR tests. Please refer to <https://za.usembassy.gov/covid-19-information/> for any updates.

WHERE TO MEET THE PROGRAM STAFF

Our program director will meet you upon arrival at Sir Seretse Khama International Airport in Gaborone, as soon as you clear immigration, collect your luggage, and pass through customs.

If your plans should change in transit, please call, or email the program staff or, if you cannot get through, contact the Office of Study Abroad and International Programs in Claremont. Contact numbers will be emailed to students and uploaded to the study abroad application portal.

CLOTHING, MEDICINE, AND MISCELLANEOUS

What you bring is an individual matter. It depends on what you may want to buy abroad, how much you want to carry, and what you plan to do during your semester. Everything you might need is available in-country, but you may not have access to

your favorite brands. We suggest you come **as light as possible**. Pack with extra room in your bag. Be prepared to buy things in the country. Whether you bring it with you or buy it, the following items are suggested:

CLOTHING

Pitzer expects all participants in the program to respect local cultural values and beliefs. In many areas where we run the program, there is a high value on modesty that is reflected in more conservative ways of dressing. Additionally, many of the communities where we run the program, especially in urban areas and at local universities, place a higher value on the more formal dress (e.g., professors wear ties and students would not wear shorts to class) than we do in the US. The important thing is that you dress in a way that is neat, clean, culturally appropriate, and acceptable to your hosts. Our program director will brief you on appropriate dress for each of the communities you will be living and working in.

When packing, students should consider the climate. Please note the charts below:

Average Temps in Gaborone:

Average	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	88°F	87°F	85°F	81°F	76°F	72°F	72°F	77°F	84°F	87°F	87°F	88°F
Temp.	78°F	77°F	74°F	68°F	62°F	56°F	56°F	62°F	70°F	75°F	76°F	77°F
Low	68°F	67°F	64°F	57°F	48°F	42°F	42°F	47°F	56°F	62°F	65°F	67°F

Source: <https://weatherspark.com/y/91720/Average-Weather-in-Gaborone-Botswana-Year-Round>

Average Temps in Soweto:

Average	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	80°F	79°F	76°F	72°F	68°F	64°F	64°F	69°F	75°F	77°F	78°F	79°F
Temp.	70°F	69°F	66°F	61°F	54°F	49°F	49°F	54°F	61°F	65°F	67°F	68°F
Low	60°F	60°F	57°F	50°F	42°F	36°F	36°F	41°F	48°F	53°F	56°F	59°F

Source: <https://weatherspark.com/y/94197/Average-Weather-in-Soweto-South-Africa-Year-Round>

Note that this list is provided as a general guideline only; you are not required to pack everything on this list.

You should have at least a six-day supply of clothing (made up of a mixture of the following):

- 1 pair of **hiking shorts**, and one pair of **regular shorts**.
- 2 pairs of **cotton pants or jeans**, and 1 pair of **dress pants or flowy pants**.
- 2 or 3 **Collared shirts**
- 1 **tie** (optional)
- 3 **skirts**
- 1 modest comfortable **day dress**
- 2 **tank tops** that are not too tight, with wider straps.
- 3 **T-shirts** (one long-sleeved)
- Underwear** for a week and a half

- 5 pairs of **socks**
- Shoes:** one pair of sandals, one pair of walking shoes, one pair of flats.
- Sweater**
- Light jacket** (or fleece jacket) (preferably with a hood)
- Lightweight **raincoat**
- One-piece **bathing suit**
- Board shorts**
- Hat** (with brim)
- One nice outfit - **nice dress** (conservative style with sleeves and no low neckline) or **dress pants and collared shirt**

TOILETRIES

You will need items like those you would use in the States (e.g., soap, razors, nail clippers, deodorant, feminine hygiene products, comb and brush, shampoo, etc.). Most items are available in large containers, including many brand names, but if you are attached to a particular brand or want travel-size bottles for week-long trips you should bring them with you. You should not pack razors or any other potential weapon-like accessories in your carry-on luggage.

MEDICINES

- Antibiotics:** Many medicines are available locally, but in consultation with your doctor, you should bring your own selection of antibiotics for use in rural areas where certain medications may not be readily available. We recommend you bring on antibiotic that would be good for a respiratory infection and one that would be good for a gastro-intestinal infection.
- Insect repellent**
- Malaria Prophylaxis** (see the section on immunizations in this handbook).
- Anti-diarrhea medicine** (e.g., Imodium) more than one dose
- Pain-reducing pills:** Aspirin is available, but you may want to bring your favorites, such as Tylenol or Advil.
- Bring **prescription medicines** in their original containers and copies of your prescriptions. You may also wish to bring a physician's note explaining the need for the medication. We recommend bringing enough for the entire semester. Shipping may be unreliable. Some medications may not be available even with a local physician's prescription. Be aware that some medicines are controlled substances and may be illegal in some countries. Refer to the section on Traveling with Medication.
- Vitamins**, especially C and B to boost your immune system.

MISCELLANEOUS ITEMS

Items marked with an asterisk should be brought from home -- all else can be purchased in country.

Required

- Small microfiber towel**
- Water bottle** (Nalgene plastic bottles are best)

- Sunglasses**
- Sunblock** (a must)
- Locks** for your baggage
- Flash drive** essential for assignments
- Travel notebook** (you can buy your class notebooks upon arrival)
- Favorite **ink pens**
- Anti-bacterial hand wash**

Recommended

- 110/220 power converter and adapter plug** for square 3-hole plug (British style and South African)
- Small flashlight or headlamp**
- Pictures of yourself, your own family and your home** will make wonderful conversation starters

BAGGAGE

In general, international and domestic flights within Africa **allow a maximum of 22 kilos** (approximately 48 pounds) of checked bags. Please verify the baggage policy with the airline. Carry-ons may also be limited to short flights and smaller planes. Students should pack light with this in mind as excess baggage fees are very expensive and your responsibility.

- The program staff strongly suggests that you bring only one **piece of luggage** for checking onto the plane.
- Money belt** - for around the waist or neck
- Day pack** - may be used as a carry-on and for personal belongings during the program.

LAPTOPS

We recommend students bring a laptop to complete assignments during the program. If you bring your laptop from home, make sure you back up all your files before traveling. The program requires quite a bit of writing: the Fieldbook is intensive (although entries are accepted in long hand), and the ISP paper which is due before the end of the program, must be typed. Remember to bring a power converter and an adapter plug for your device. Your laptop should have a USB port.

Alternatively, **before you leave Claremont**, you can request to be assigned a hardware token. This device is about the size of a small USB stick and can be attached to your keychain. It stores encrypted passcodes and works anywhere without Wi-Fi or cell signals. Stop by Pitzer I.T. in Scott Hall B11 to request one.

ELECTRICAL OUTLETS

In general, countries in the region work on a 220/240-volt system, using 'British type' square bayonet three-pin plug AND 'Indian' round three-pin plugs AND the 2-prong 'European type' plugs. Most laptops work on either 110 or 220/240 volts, but other electronic devices may not. You should bring appropriate voltage and outlet adaptors from home. They are difficult to find locally. Note that electricity will be limited at times during your stay in South Africa. For more information on load shedding, please visit:

GIFTS

It is nice to bring a small gift from home for each of your two host families and spares for people you meet during the program. Gifts such as sweets, nuts, mugs, a set of kitchen towels, playing cards (an interactive gift), are appreciated. If you

want to get small gifts for individual family members you can buy something locally once you know who each person in your family is and what their interests or needs might be. Individual gifts for each host mother are a good idea since they play a major role in hosting each student. Local gifts including kitchen items like can openers and knives are easily bought in-country.

MONEY MATTERS

Botswana's currency is the Botswana Pula (BWP)

South Africa's currency is the South African Rand (ZAR)

You can check currency rates here: <https://www.xe.com/currencyconverter/>

Most students spend the same amount of money on the program as they would during a semester in the US (or slightly less. How much you spend will be determined by 1) whether you bring everything from home or buy items locally, 2) your plans for field trips and independent travel, before and after the program and 3) any gifts or souvenirs you wish to buy.

Pitzer will cover your room and board for the entire program. This means meals with your host family and on overnight study trips, lodging with your host family, and on study trips. For additional information please visit the [Financial Matters](#) section of the website.

ATMS

We recommend you have access to at least \$1000 to cover personal and emergency expenses. We advise you to have a bank account in the US and to use an ATM card for most of your funds.

ATMs are widely available in most big cities. Your director will keep you apprised on areas where there may not be easy access to an ATM machine, and let you know how much of the local currency you should carry with you. Your bank will usually charge you a small fee for withdrawing funds from an international ATM.

CREDIT CARDS

Credit cards are widely used in South Africa and Botswana but may not be accepted in more rural locations. They may be useful in case of emergency. MasterCard and Visa are best. In some parts of the world, credit cards may be chip and pin which is different than the chip and signature cards in the US. There are locations and businesses that may only accept chip and pin cards. If you bring a credit card, be sure to leave your card number and the 'Lost or Stolen' phone number at home. In the unlikely event that your credit card is lost or stolen while abroad, this information will help cancel your card quickly. You should also notify your credit card company that you will be traveling and where you will be using your card.

HOW TO RECEIVE FUNDS FROM HOME

The best way to receive extra funds from home is for someone to deposit money into your bank account and withdraw as needed from an ATM.

HEALTH CONSIDERATIONS

The **Center for Disease Control and Prevention (CDC)** provides detailed health information for all countries at <http://wwwnc.cdc.gov/travel/destinations/list>. Students should also review the information in the [Health and Safety](#) section of the website.

Botswana: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/botswana#vaccines-and-medicines>

South Africa: https://wwwnc.cdc.gov/travel/destinations/traveler/none/south-africa?s_cid=ncezid-dgmq-travel-leftnav-traveler

IMMUNIZATIONS

You should have an official record of all your immunizations from your doctor or health clinic. **Contact your doctor or local county health clinic** to set up a schedule for your shots. Some immunizations come in a series that may take weeks or even months to complete. All the immunizations recommended below afford partial or full protection against diseases that still occur in parts of Africa. Without up-to-date immunizations, any of these diseases could have serious, potentially life-threatening consequences. **Please take these recommendations very seriously.**

Hepatitis A

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water anywhere in the region regardless of where you are eating or staying. Hepatitis A vaccine (Havrix) is highly recommended for all students if you have not already received this vaccination as an infant. The first dose provides adequate protection beginning four weeks after it is administered and lasting six to 12 months. Another dose is recommended six to 12 months after the first to provide long-term protection that will last for at least four years. The best course of action is to get both doses of the Hepatitis A vaccine before you leave. If this is not possible, it makes sense to get your first dose exactly one month before you go abroad so as to assure adequate protection from the time you arrive until the end of your program. For persons who are allergic to the Hepatitis vaccine or otherwise elect not to receive it, immune globulin is still a viable option. You should get 5cc of immune globulin just a few days before you leave the US to assure maximum effectiveness and coverage for your entire trip. There is some concern that taking immune globulin for Hepatitis A at the same time or too close to some of your other immunizations may reduce their effectiveness. For this reason, if you elect to get IG rather than the Hepatitis A vaccine, we suggest that you complete all of your other immunizations at least one month before the beginning of your program, and then take your immune globulin just a few days before departure.

Hepatitis B

This type of hepatitis is transmitted through body fluids such as blood and semen and is a much more serious form of the disease than type A (above). You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures. This vaccination is **highly recommended by Pitzer**. Three shots are necessary for full protection although partial immunity is acquired after the first two, which are administered one month apart. The third shot is given six months after the first shot. If you cannot complete the series before you leave, you may consider getting the first two shots before leaving and the third shot after your return to the US. Most of you will have already received this vaccination as a baby – please check to be sure.

Malaria

Malaria is a serious, potentially lethal disease that still occurs in parts of Botswana and South Africa. Since there is no vaccine for malaria, drug prophylaxis along with liberal use of insect repellent, protective clothing and mosquito nets for sleeping are all **highly recommended**.

According to the CDC, the two countries have some risk for malaria, depending on where you are. Botswana has no risk in and around Gaborone where you will be for the first 5 weeks of the program, but increasing risk as you move north into the Delta and up to Chobe National Park during our study trip in week 4. For South Africa, there is no risk in the Pretoria and Johannesburg areas moving south and west towards Cape Town, but there is risk as you move east into Limpopo, Mpumalanga (Kruger National Park), Kwazulu-Natal all the way into Swaziland and Mozambique.

Malaria prophylaxis is not necessary in Gaborone and the village of Manyana during weeks 1 to 5. We recommend prophylaxis for the study trip to Northern Botswana that includes the Delta, Chobe National Park and Vic Falls. In South Africa, you will not need it in Johannesburg, Soweto, or Pretoria, but the CDC says there is malaria in Kruger National Park, and you should

consider it for your study trip there (again, discuss this with your doctor). Finally, if you think you might end up doing your ISP in an area that is at risk for malaria, you would need prophylaxis for an additional four weeks during the final month of the program.

The CDC recommends three possible drugs that are effective as Malaria prophylaxis (Lariam, Doxycycline, and Malarone). Of the three options, the one that is most effective and with the least side effects, and therefore most often recommended by doctors, is Malorone. You begin it one day before arrival in a malaria area, take it daily while you are in the malaria zone, and continue for seven additional days after you leave the malaria area. **If your physician feels Malorone is an appropriate drug for you, you will need enough for:**

- **Northern Botswana– one week in a malaria area (15 pills)**
- **South Africa – Possibility of two-three days in Kruger National Park (11 pills)**
- **ISP – Possibility of another four weeks in malaria areas depending on topic and location (36 pills).**

In addition to the three options discussed by the CDC, there is a local option available in the region that you may encounter or hear about. Maloprim (also known as Deltaprim and Malasone) is manufactured in South Africa and recommended by physicians there as the prophylactic drug of choice for this region of Africa. It is composed of Pyrimethamine 12.5 mg and Dapsone 100 mg. **Unfortunately, this drug (Pyrimethamine 12.5 mg and Dapsone 100 mg) has been found to have potentially serious side effects in some European studies, and Pitzer cannot recommend it to students.**

Please remember, even when you are taking the drug prophylaxis, it is essential to bring a good insect repellent (see the section on preventing mosquito bites below) and to use a mosquito net for sleeping and protective clothing (long sleeve shirts and pants) in the evenings when you are in malarial areas.

Typhoid

This vaccination, in either the oral or the injectable form, is **highly recommended**.

Tuberculosis

Given the prevalence of this disease in the region, a TB Skin Test is **highly recommended** before leaving home and again after returning. A change in the skin test indicates exposure and will alert you to the need for observation by a physician.

Diphtheria-Tetanus, Polio, Measles, and other Routine Vaccinations

Make sure you are up to date on routine vaccines before you depart for the program. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Meningitis

Meningococcal disease (bacterial meningitis) is a bacterial infection in the lining of the brain or spinal cord, which is transmitted through respiratory droplets when an infected person sneezes or coughs on you. There are occasional outbreaks of this disease among college students in the US. **Pitzer continues to highly recommend** a Meningococcal vaccine for students in a study abroad program. Good for one year. (See the CDC website at <http://www.cdc.gov/meningitis/index.html> for additional information.)

YELLOW FEVER

The CDC does not consider Botswana or South Africa a high-risk area for Yellow Fever. However, for Botswana and South Africa, proof of a Yellow Fever vaccination at least 10 days before arrival is required for travelers originating from or transiting through WHO-designated yellow fever countries.

OTHER AFFLICTIONS

Diseases such as schistosomiasis and bilharzia, among other parasitic infections, are present in the region, but can be easily prevented by drinking safe water, refraining from swimming in ponds, lakes, or rivers, and avoiding contact with insects.

We will give you more health information on prevention when you arrive. We can safely say, however, that this is a healthy region of Africa, and if you take precautions, you should have no major health problems during your stay.

IN-COUNTRY HEALTH PROTOCOL

Protection from Mosquitos

Preventing bites can be difficult, but it is important as you can get sick after just one bite. Follow these steps to reduce the chances that you will be bitten by mosquitoes during your trip:

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent as directed.
- Higher percentages of active ingredient provide longer protection. Use products with the following active ingredients:
 - [DEET](#) (Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon)
 - **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
 - **Oil of lemon eucalyptus (OLE)** or **PMD** (Products containing OLE include Repel and Off! Botanicals)
 - **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
- Always follow product directions and reapply as directed:
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, and mouth.
- Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin directly on skin.
- Use [permethrin-treated](#) clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself:
- Stay and sleep in screened or air-conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors

Preventing Gastro Intestinal Illness

Health standards in the locations where we operate the program will vary greatly. Your program director will give you specific health and safety advice for each of our program locations. Nonetheless, we offer the follow guidelines as a resource for your ISP period should you find yourself off the beaten track and not sure about the risk for water and food-borne disease, or for any other time on the program when you just are not sure and want to play it safe.

Water

If there is any doubt about whether tap water is safe in a particular area:

- Drink only boiled or bottled water.

- If boiled, make sure the water is poured into a clean container after boiling (not poured into a pitcher or glass that has been rinsed with tap water).
- If bottled, make sure it is from a reputable company and comes in a properly sealed bottle.
- Besides your drinking water, avoid other sources of contaminated water including ice cubes, fruit drinks mixed with water, any other food products or drinks that are mixed with water.
- Avoid wet plates, cups, glasses, and utensils. Make sure your food and drink are served in clean and dry plates, cups, etc.
- Use boiled or bottled water for brushing teeth and try not to swallow water when you shower.
- When ordering a drink at a restaurant or bar, ask that the original bottle be brought to your table and opened in front of you. Then, you can pour it into a clean, dry glass, or (in the case of soft drinks or beers) drink straight from the bottle if necessary. This minimizes the chance that your drink might be poured into a glass that has just been rinsed in tap water. This also minimizes the chance that your drink can be tampered with drugs.
- Avoid mixed alcoholic drinks (often have juices, water, ice, raw herbs, or other unsafe items mixed in) in favor of beer, wine, and soft drinks.
- Avoid fruit drinks unless you are sure they come in a bottle or container from a reputable company, or have been made with well cleaned fruit and have not had water or ice mixed in.

Unless you are 100% sure, assume all tap and well water to be contaminated. (CDC Recommendations)

Salads, Vegetables and Fruit

- Avoid salads, uncooked vegetables, and raw fruit, especially in restaurants, unless you or your host family have properly cleaned the ingredients.
- You can eat smooth-skinned raw vegetables and fruits if you wash them carefully with soap and water and dry them thoroughly and peel yourself. Items that are OK when cleaned and dried properly include thin-skinned fruits like guava, mango or papaya, and smooth vegetables like tomatoes, cucumbers, etc.
- Avoid lettuce; it is difficult to clean properly.
- Thick skinned fruits like bananas and oranges need not be cleaned, but if eaten without cleansing, care must be taken when peeling to not contaminate the inside fruit with fingers or knives that have met the outside skin. Even with thick-skinned fruits, washing with soap and water and then drying thoroughly is probably a good idea, especially with oranges.

Flies

- Avoid food that has been (or may have been) exposed to flies, especially in areas where you have doubts about hygiene and sanitation, or where there are lots of farm animals.

Hands

- Wash your hands thoroughly (usually for 15-20 seconds) with soap and water and dry completely, especially before eating and after going to the bathroom. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol) for 15 seconds, but soap and water is preferred.
- Try to eat in restaurants where food preparers and servers practice good hygiene.

Food

- Stick with freshly cooked food that is prepared when you order it and served hot.
- Avoid street food unless you are sure it is fresh, wholesome, and cooked properly as you wait.
- As mentioned above, avoid salads.
- Make sure milk products are pasteurized, or, in the case of milk in the village, boiled.
- Make sure meat, fish and sea food is fresh and well cooked.

- Peel hard boiled eggs yourself. Do not eat raw or soft-cooked (runny) eggs.
- Do not eat wild game

MENTAL HEALTH

It is important for students who are managing mental health issues to recognize that studying abroad may generate new pressures, anxieties, and insecurities – all of which can be destabilizing. It is also essential that students complete the Request for Accommodation and Study Abroad Student Health Form and make aware any ongoing psychological and/or academic support they receive.

Things to consider before your trip:

- For mental health screenings contact Monsour Counseling or visit their website for a free screening: <https://screening.mentalhealthscreening.org/claremont>
- Identify individuals in your home and host countries/cities who can provide support and/or resources; such as family, friends, host family, study abroad, student affairs, mental health providers, translators/guides, US Embassy, local hospital/urgent care.
- Be aware of the attitudes towards varying health and wellness issues in the culture you are visiting. Whether you decide to be very private or very open about your own health and wellness issues, you can use this opportunity to learn about how different cultures think about mental well-being and overall wellness.
- Develop realistic and consistent self-care routine and stress management skills with your health care provider or Pitzer’s case manager before you leave.
- If you are going to be abroad a significant amount of time and are not able to speak with your treatment provider over the phone, zoom, FaceTime, etc. try to locate a provider abroad – a US-trained provider is preferable, for the continuity of your care and to minimize language problems. Your treatment provider, insurance company, program abroad, or the US embassy in that location, are good places to ask for the names and contact information of local providers. Also know the travel insurance has virtual counseling available.
- Develop an emergency or contingency plan with your family and/or provider in case you need extra support while travelling abroad. Investigate mental health services in your destination country or city and consider purchasing insurance that will cover these costs. You can try and pre-identify a therapist that speaks your language through <https://www.goodtherapy.org/therapists/countries>
- Identify a “travel buddy” traveling with you who can be a support person while traveling abroad and remind you of your self-care plan.
- Meditation, yoga, coloring in adult coloring books or mandalas are ways in which some students are able to reduce their stress load. Think about packing coloring books, mandalas, markers, or colored pencils in your carry on. There are free mindfulness apps that you can download before you leave at <http://www.freemindfulness.org/download>
- Try to maintain a reasonable schedule and diet. Changes in sleep and diet can have a significant effect on your emotional well-being and traveling to a different culture often entails such changes.
- Once back home and on campus, set up appointments with academic support team (writing center, academic coach, accommodations) and your care providers

WHAT TO DO IF YOU GET SICK

If you start feeling ill during the program, please contact the program director as soon as possible. Emergency phone numbers will be emailed to students as well as uploaded to the study abroad application portal.

PRECAUTIONARY MEASURES FOR STAYING HEALTHY

The important thing is to be in control of your own health. Here are the key points to remember for staying healthy:

1. Have a complete physical examination before you go. Be aware of and prevent possible problems. **Let the Office of Study Abroad and International Programs and your program director know if you are on any medications, have any allergies, or any other medical conditions that could possibly require accommodation while you are abroad.** Plan to take adequate supplies of medications and copies of medical prescriptions with you. See the section *Traveling with Medication*.
2. Make sure that your childhood immunizations are complete and up to date. Booster shots for tetanus are required every ten years; it may be time for another.
3. Visit your dentist and have a check-up to ensure that your teeth are in good shape before you leave.
4. Eat well over the break, exercise and get plenty of sleep so that you are rested and fit as you depart, and your body can better fight off disease. Do not exhaust yourself with packing and preparations at the last minute. Plan so that you can make your departure as stress free as possible.
5. On the long flight, bring along a bottle of water and drink plenty of fluids as you travel. Avoid alcoholic beverages. They lead to dehydration. Do isometric exercises in your seat and get up to walk up and down the aisle periodically to stretch your muscles. During flu and cold season, you may want to consider a breathing mask since the recycled air in planes can easily spread contagious diseases.
6. Follow all guidelines provided by your program about food and drink and personal hygiene. They are making these recommendations for a good reason.
7. Remember that AIDS/HIV infection rates in other regions of the world can be significantly higher than in the US. Practice safe sex, or better yet, abstinence.
8. Beware that use of recreational drugs is illegal in most places and is not permitted under Pitzer College policies. Additionally, the strength and content of drugs overseas are different than what you may find in the US and may be deadly.
9. **Follow and adhere to all COVID-19 protocols set by your host institution and host country.**

A NOTE ON COVID AND COVID PROTOCOLS

Pitzer College has attempted to set up a **vaccine-to-vaccine study abroad model** in all our sites, including Botswana and South Africa. This model calls for all students to be fully vaccinated (including getting a booster (if eligible) at least two weeks before departure), and for our key people at each site (program staff, faculty, language schoolteachers, guest speakers, homestays) to be vaccinated. The idea is that we will mitigate the risk of catching a break-through infection and/or spreading the virus by structuring our program as much as possible to have students interacting primarily in environments where most people are vaccinated. Of course, this is not going to be 100% possible, just as it isn't possible in our surrounding communities here in Claremont and SoCal, or anywhere in the US for that matter, but we believe we can organize the program to minimize student exposure to unvaccinated people and, of course, have strong protocols in place for social distancing, mask wearing, hand washing etc.

INSURANCE

PITZER STUDENTS PROOF OF INSURANCE

Pitzer College requires proof of insurance be provided to the College each year that you are an enrolled student. Pitzer students must be enrolled in the Claremont Colleges' student insurance policy, (which provides both domestic and international coverage) or supply proof of another policy that provides comparable coverage. Proof of insurance through another policy must be submitted to the Student Affairs Office at Pitzer College prior to making your tuition and fee payment. Providing insurance information to the Office of Study Abroad and International Programs does NOT meet the annual notification requirement. If proof of insurance is not provided to Student Affairs, the student's account may be charged with the current annual Student Health Insurance Premium. Visit the Pitzer College website or contact the Pitzer College Office of Student Affairs for questions about the Pitzer College health insurance.

NON-PITZER STUDENTS

Non-Pitzer students should check the policy at their home institution regarding medical and accident insurance while abroad.

Travel Insurance Provided by Pitzer College

Pitzer students and visiting students on Pitzer programs are covered by supplemental travel insurance available through a plan with Zurich. This plan is offered by the Claremont Colleges and coverage is automatic. Therefore, students do not need to enroll themselves. This travel insurance is for accident and emergency care overseas and should not be confused with the Claremont Colleges' SHIP (Student Health Insurance Program). While this insurance will cover a variety of medical emergencies abroad, it does not cover routine or ongoing medical care/treatment a student may need during their program. For this reason, we strongly advise students to maintain their comprehensive medical insurance in the event they would need to return to the US (or other home country) or need ongoing care/treatment while abroad.

A copy of the plan brochure, ID document and medical claim reimbursement form will be uploaded to your study abroad application portal. Please familiarize yourself with the benefits outlined in the brochure.

SAFETY AND EMERGENCY PREPAREDNESS

OUR COMMITMENT TO SAFETY

Pitzer takes the following steps to make sure that participants in our programs are safe:

1. Pitzer regularly monitors US State Department announcements and travel warnings.
2. Pitzer works with staff at its foreign locations to develop site-specific security measures and emergency plans.
3. Pitzer provides information on health and safety for participants prior to the program and a more extensive orientation on site. This includes country-specific information on safety, health, legal, environmental, political, cultural, and religious conditions.
4. Pitzer communicates applicable conditions of participation and codes of conduct to participants and alerts them to the severe consequences of noncompliance.
5. Pitzer provides all study abroad students with supplemental travel insurance, which, in addition to other non-safety related benefits, provides emergency medical evacuation insurance.

6. Pitzer tailors its safety programs to the conditions of countries where the College operates our own programs.
7. Pitzer continuously evaluates the safety of our programs. The College regularly consults with the US Embassy and host country government and community agencies about security concerns. Pitzer will relocate or adjust programs to avoid unsafe locations or conditions.
8. Pitzer maintains communication with parents, study abroad advisers and others who need to be informed in the event of serious health problems, injury or other related health and safety circumstances.
9. Students are instructed to avoid potential targets of anti-American activity such as US and British government offices, Peace Corps offices, US AID and US affiliated organizations as well as private restaurants, hotels, clubs, and internet cafes that are known as American hangouts.
10. Each student lives with a local homestay family who help us to advise students on local safety conditions and monitor his or her whereabouts. If a student does not return home on schedule, for any reason, the program director is notified. Families also inform the program director, when appropriate, about the state of the emotional and physical health of each student.
11. Students are asked to register with the US embassy or the embassy of their home country before departure through the STEP program. Program staff maintains regular contact with the US embassy regarding safety concerns.
12. Students are advised how to proceed if an emergency develops when they are away from the program staff (e.g., with their rural experience families, during their internship, on independent travel, etc.)

LIMITATIONS

There are aspects of your experience abroad that are beyond our control. Please consider the following

1. Pitzer cannot eliminate all risk from the external study environment. All foreign travel, including domestic travel within the US, entails risk.
2. Pitzer cannot monitor or control a student's daily personal decisions, choices, and activities.
3. Pitzer cannot prevent students from engaging in illegal, dangerous, or unwise activities.
4. Pitzer cannot assure that US standards of due process apply in overseas legal proceedings or provide for a legal representative.
5. Pitzer cannot assume responsibility for the actions of persons not employed or otherwise engaged by the program.
6. Pitzer cannot assume responsibility for events or activities that are not part of the program.
7. Pitzer cannot assume responsibility for situations that may arise due to the failure of a participant to disclose required or other pertinent information.
8. Pitzer cannot assure that home-country cultural values and norms will apply in the host country.

WHAT YOU CAN DO TO KEEP SAFE - GENERAL GUIDELINES

You can have a major impact on your own health and safety through the decisions you make before and during your external study experience. The most important assurance of your safety is the consistent application of informed judgment in your day-to-day choices and behaviors. Program staff will provide excellent guidance and accurate information.

You should:

1. Consider your health and other personal experiences when accepting a place in the program.
2. Make available to Pitzer College accurate and complete physical and mental health information and any other personal data that is necessary for planning a safe and healthy study abroad experience.
3. Assume responsibility for all the elements necessary for your personal preparation for the program and participate fully in all orientations.
4. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.
5. Inform parents, guardians, families, and others who may need to know about your participation in the program. Provide them with emergency contact information and keep them informed.
6. Comply with the Conditions of Participation, codes of conduct, and emergency procedures of the program.
7. Obey host-country laws.
8. Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions.
9. Express any health or safety concerns to the program staff.
10. Behave in a manner that is respectful of the rights and well-being of others. Encourage others to behave in a similar manner.
11. Accept responsibility for your own decisions and actions.
12. Become familiar with the procedures for obtaining emergency health and law enforcement services in the host country.
13. Keep program staff informed of your whereabouts and wellbeing.
14. You should always keep in mind that no matter how immersed you are in a local community you are still a foreigner. Your chances of being a victim of criminal activity may be greater than those for the average local person. Remember not to carry around a lot of cash or your passport, unless local laws require it. Do not carry anything else that you cannot afford to lose. Abstain from protest groups and avoid drawing unnecessary attention by dressing outrageously or conspicuously.

SAFETY GUIDELINES FOR BOTSWANA AND SOUTH AFRICA

- Reduce risk of robbery or assault by integrating into the local culture as much as possible: spend significant time with your host family; dress, behave and interact in ways that respect local cultural values.
- Do not carry valuables (passport, credit cards, laptops, large sums of money, etc.) with you when you walk around town. If you must carry valuables around with you for certain purposes, be discreet, travel with a group of friends, wear a money belt, take a taxi, etc.
- When you exchange at an ATM, use discretion. Do not, for instance, exchange money and walk away into a mall or street. That will make you a likely target. Try to go with friends and leave in a taxi.

- Do not travel alone, especially after dark, in isolated areas of the city, or when leaving clubs or bars.
- Do not hitchhike.
- If it is getting late at night, and the streets are getting deserted, take a taxi home, even if you are with friends. If taking a taxi is a financial burden, collect the receipt and Pitzer will reimburse you.
- If you are involved in a robbery, do not risk injury by trying to resist or fight off the perpetrator.
- Always carry a list of emergency phone numbers with you so that you can contact the program in case of an emergency.
- Avoid areas of the country or your host community not considered safe. Your host family will provide valuable advice in this regard. Program staff will also provide guidelines on this.
- Avoid large crowds, demonstrations, or political rallies. These gatherings can easily turn violent.
- If you do go to a club or bar, do so with a group of fellow students or friends from the host community. Keep an eye on each other. Never, ever accept a ride home with a stranger or someone you just met that evening, and never allow one of your friends to leave with a stranger.
- When ordering drinks, ask for the bottle to be brought to your table. Do not leave drinks unattended. These simple steps will minimize the chance that your drink can be tampered with by drugs.
- Refrain from impairing your judgment, and risking assault, robbery, or arrest, with the use of alcohol or illegal drugs.
- Stay in regular contact with program staff when you travel. You must receive permission from the program coordinator for independent (overnight) travel away from your host family. When traveling on an overnight trip or even outside the local area on a long day trip, provide your itinerary and contact information for your destination. Let your host families know of any plans for overnight travel and make a courtesy phone call to your host family once you safely arrive at your destination.
- If you go to the beach, be aware of dangerous currents and riptides. Follow water safety guidelines – refrain from going into heavy surf unless you are an extremely experienced ocean swimmer or surfer. Always enter the water with a buddy and only swim or surf on beaches that have a lifeguard on duty.
- If you are on safari or in a wildlife area, follow all safety rules faithfully. Do not walk away from your vehicle without permission from your guide. Do not go swimming in rivers or lakes unless your program director assures you it is safe.
- The program director will provide additional safety guidelines for you during the on-site orientation. Understand and faithfully follow the program guidelines for health and safety, including guidelines for extreme sports and prohibited activities.

Additional Safety Guidelines will be provided by the program director for each of the program locations.

EXTREME SPORTS AND OTHER PROHIBITED ACTIVITIES

During the program (which includes all days between the program arrival date and the departure date, including weekends and breaks) students are NOT allowed to drive automobiles, ride motorcycles, fly aircraft, or participate in extreme sports. Extreme sports include but are not limited to, white water rafting, jet skiing, scuba diving, parachuting, hang gliding, parasailing, bungee jumping, rock climbing, and technical mountaineering. No hitchhiking or night buses. Additional details

will be provided during your on-site orientation. Students who choose to participate in such activities during the program are subject to dismissal (see conditions of participation). Students who choose to participate in such activities before or after the program should be aware that their travel insurance and some private insurers do not cover injuries sustained in a number of the activities listed above.

IN CASE OF PROBLEMS IN THE HOST FAMILY ON PITZER DIRECT RUN PROGRAMS

Although extremely rare on Pitzer direct-run programs, problems of sexual harassment or abuse, racist comments or behavior, homophobia, theft, and related issues in the host family or homestay community are possible. Because of the nature of the host family experience, the close relationships students develop with family members, the special efforts students make to behave in culturally appropriate ways, and the potential for cross-cultural or language misunderstandings, this is a particularly delicate yet important area of concern. We have developed the following guidelines to help minimize the chances of this type of situation occurring and to help us best support you when concerns or questions regarding your host family arise.

1. Host families are carefully selected with an eye toward minimizing these types of problems and providing students with a safe and nurturing environment. Families are provided with training and orientation around these issues and the type of relationship Pitzer expects between host family members and students. Host families will be given specific guidelines on the types of behavior (especially touching and cross-gender interactions, and homophobic or racist behavior or comments) that will be considered inappropriate.
2. Students should express any concerns or preferences they may have regarding host families to the study abroad office before departure for their program so that the in-country director can select host families with individual student needs and concerns in mind. Examples of things you might want to share: allergies, desire for an LGBTQ-friendly family, health concerns with smoking or certain foods, desire for a family that welcomes students of color, etc.
3. During your on-site orientation, you will be given explicit guidelines on what types of host family behavior are appropriate and what behavior is cause for concern and should be reported to your director. You will also be briefed on common behaviors you may see in your family situation which, while not inappropriate in the host culture, may lead to potential misunderstandings.
4. As you know, Pitzer programs expect a strong commitment to cultural immersion and cultural appropriateness, but this does not require you to endure behavior or comments that make you feel unsafe or that you believe puts your safety, health, or emotional well-being in jeopardy.

Romantic or sexual behavior between a student and a host family member is never appropriate; you have the right to politely ask a host family member to stop any physical contact or behavior that is questionable or makes you feel uncomfortable. Similarly, racist, or homophobic actions or comments that make you feel uncomfortable or unsafe are never appropriate. You have the right to notify family members that this type of behavior or language is painful or uncomfortable to you and that you would like them to stop. In these types of situations, we strongly encourage you to immediately seek support, clarification, and guidance from your program director. In some cases, there may be a cultural or linguistic misunderstanding that can be easily worked out, or adjusted to, but in other cases, the behavior may in fact be clearly inappropriate and something your program director needs to address immediately. Early on in your program, you will not necessarily know the difference, thus the importance of communicating immediately with your program director when anything of this nature comes up, especially when you are confused or unsure about something.

5. Coming forward with questions or concerns about your host family's behavior will never affect your grades.

6. All Pitzer Study Abroad program directors are required to consult with Claremont if a student expresses concern that there may be inappropriate behavior going on in their host family, or if the directors suspect this based on their own observations. This will allow us to share resources and better respond to these types of incidents. Information regarding these situations will be regarded as confidential and treated with the utmost discretion.
7. While students tend to want to call parents in such a situation, your program director will be receptive to any concerns you have and is the best person to consult if you have any problems or concerns of this nature. Please know that you are welcome to call Pitzer staff in Claremont (mobile and work numbers are provided in the handbook) or your own study abroad director in situations where you might feel uncomfortable contacting the program director directly. In addition, we have asked our directors to provide information on other local resources (counseling services, sexual assault hotlines, women's centers, etc.) that you may want to consult.

We encourage students to approach issues and concerns of this type with an open mind. While we want you to come forward immediately if you have a concern or question regarding your host family, we also ask you to reserve judgment until you have a chance to carefully consider, with the help of your program director, the many cross-cultural or language misunderstandings that might be at play. Similarly, Pitzer staff have been instructed to approach such incidents with an open mind. While a student's concern may be due to a cross-cultural or linguistic misunderstanding that can easily be explained and cleared up; it may just as easily represent a serious situation that requires immediate intervention.

Living with a host family requires perseverance and effort as in any relationship. It is not always easy. We do not want you to give up on your host family simply because adjusting to the new culture, language, and living situation is challenging. On the other hand, we want you to feel safe, welcomed, and part of the family, so that warm relationships can develop, and language and culture learning can be maximized. Open communication with your program director in which you share challenges and concerns early on, as well as triumphs and high points, will assure that this happens for you.

EMERGENCY CONTACT INFORMATION

The Office of Study Abroad & International Programs will provide all students with the program staff phone numbers and the program email address prior to their departure. Contact information will be uploaded to each student's study abroad application portal account as well as emailed.

IN CASE OF AN EMERGENCY AT YOUR PROGRAM SITE

Contact the program staff as soon as possible. You will be given a list of emergency contact numbers during your on-site orientation. If you do not receive this information, ask for it. There is also emergency contact information that students will be sent by email and uploaded to their study abroad application portal. While you are certainly free to contact your parents and families in any emergency, and indeed you should, please **inform the program staff first** since they can address your concerns immediately. Calling home only delays the process of intervention and may put undue stress on families who feel as though they are unable to help their sons or daughters abroad.

Pitzer provides supplemental travel insurance, which includes insurance to cover emergency evacuations. In the event of a political crisis or a natural disaster that would necessitate evacuation, the program staff will work closely with the US Embassy and other embassies (if you are not a US citizen) to facilitate your return home.

Provide your contact information abroad to your family and friends. Your family should also be advised to contact the Pitzer College staff members listed in the information our office will provide you before you leave for your program.

True emergencies are quite rare. While losing luggage, tickets or even a passport is inconvenient and upsetting, it is not an emergency. Emergencies are situations in which there is an immediate threat to a student's health or safety.

IN CASE OF AN EMERGENCY AT HOME - FAMILY AND FRIENDS

In case of emergency, parents or friends should contact the Office of Study Abroad and International Programs at the number(s) listed below. The Study Abroad staff in Claremont can usually contact students and staff quickly, even when they are away from the program base on study trips. If they call the office number and we are closed, they will be directed to Campus Safety, which has additional contact information on file. Please have them continue down the list until they can speak directly with a member of our staff.

CONTACT INFORMATION IN CLAREMONT

Pitzer College

Phone 909.621.8104

Office of Study Abroad & International Programs

Email studyabroad@pitzer.edu

Mailing address

West Hall, Suite Q100
1050 North Mills Avenue
Claremont, CA 91711

Office hours

Monday through Friday
8 a.m. to noon and 1 p.m. to 5 p.m.
Hours will vary during holiday periods

Campus Safety for after-hours emergencies

909.621.8170

SMART TRAVELER ENROLLMENT PROGRAM (STEP)

<https://step.state.gov/step/> STEP is a free service provided by the US Government to US citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest US embassy or consulate.



Students who are US citizens are required to register with the US State Department before leaving the US. Students who are citizens of other countries should check with their consulates for recommendations.

STEP REGISTRATION ADDRESSES

Use the following physical address to register with the US Department of State Smart Traveler Enrollment Program (STEP). You may update your STEP information during the program as more information becomes available. See the *Safety and Emergency Preparedness* section in this handbook for details.

Botswana

TBD – we will share the best address later.

South Africa

Center for Diversity Studies
Jorissen Street
Bramfontein, South Africa

COMMUNICATIONS

WAYS TO MAKE CONTACT WHILE ABROAD

WhatsApp is commonly used in-country as well as to reach family and friends at home. We recommend that you download the app if you don't already have this on your phone. Students may also communicate in other ways – Email, Skype, FaceTime or calling. Students should also read the additional information on the [Travel and Communications](#) section of the website.

MOBILE PHONES

You may bring your own mobile phone and purchase a local SIM card once in the country. If you do this, you must have your phone unlocked in the US or your home country. If your own phone does not work once abroad (sometimes the case), the program will provide you with a mobile phone. The program's mobile phones allow students to send and receive text messages and to make and receive calls. If you want to have internet access to use instant messaging, you will have to use your own phone in which case you may want to increase your data plan. Whether you use a program mobile phone or your own, you will be responsible for keeping a working mobile phone (charged, paid up, and ready to use in an emergency) on your person throughout the program.

Pitzer expects all students to use mobile phones in ways that are appropriate and responsible. In particular, mobile phones should be turned off (including texting) during classes, program discussion sessions, and study trips when interacting with program staff, faculty, or guest speakers. In addition, students need to learn and practice appropriate mobile phone use in their homestays. For some families it may be considered rude, for instance, to make or receive calls or text messages during a family meal or while engaged in conversation after dinner.

MAILING TO BOTSWANA/SOUTH AFRICA

Given the nature of the program and the movement from one country to another, it is not recommended that students have anything mailed to them while on the program. If you must have something mailed, please email studyabroad@pitzer.edu for guidance.